

Don't be a by-stander See p. A-5.



Photo by Sgt. Stephen Wetton, Schofield Barracks Health Clinic

Retired Brig. Gen. Robert Hardaway meets with Maj. Gen. Charles Flynn, commander, 25th ID, at the Schofield Barracks Health Clinic, Friday. Hardaway was a surgeon at Schofield Barracks during the Dec. 7, 1941, attacks, and his story was shared during at the commemoration at Fort DeRussy, Sunday. Visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com) to read the story of Hardaway and Flynn's meeting, 73 years after the “day of infamy.” (Photo has been altered from its original form; background elements have been removed and enhanced.)



Staff Sgt. Tramel Garrett  
25th Infantry Division Public Affairs

The USARPAC and 25th ID command teams walk escort retired Brig. Gen. Robert Hardaway during “The Army’s Actions on December 7, 1941 Commemoration” at Fort DeRussy, Sunday.

## 25th ID commemorates Dec. 7, 1941

STAFF SGT. TRAMEL GARRETT  
25th Infantry Division Public Affairs

*“December 7, 1941 – a date which will live in infamy – the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan. No matter how long it may take us to overcome this premeditated invasion, the American people will, through their righteous might, win through to absolute victory.”*

— President Franklin D. Roosevelt

FORT DERUSSY — On the 73rd anniversary of Japan’s deadly and deliberate attack on Pearl Harbor, the 25th Infantry Division hosted “The Army’s Actions on December 7, 1941 Commemoration” to honor the courage and sacrifice of those who served during that time.

Senior leaders and veterans paid their respects by laying a wreath to honor the service members who made the ultimate sacrifice dur-

ing the assault that brought the United States into World War II.

“This is a day and a time for a simple ceremony to commemorate the bravery, the sacrifices and the courage of our Army and our Army Air Corps veterans and heroes,” said guest speaker Maj. Gen. Charles Flynn, commander of the 25th ID. “This also represents to the public our special duty in the military to protect the nation in times of both crisis and war, and to honor our fallen and living for the sacrifices they make in the name of freedom.”

In attendance were numerous World War II veterans, including retired Brig. Gen. Robert Hardaway, who was a surgeon at Schofield Barracks in 1941.

During his speech, Flynn recalled a story Hardaway had shared in a previous conversation.

It was Dec. 8, 1941, and Hardaway was utterly exhausted from the nearly 30 hours of treating, triaging and performing surgeries. A nurse ran into the room where he was resting and shouted

that President Roosevelt was going to give a speech on the radio.

Even though he was exhausted, Hardaway got up to listen to the president’s speech. That was all he needed to revive him.

After hearing his commander in chief and seeing the American flag, he knew what his duty was. Hardaway returned to the operating room to continue to treat the wounded.

“These men and women, and hundreds just like them, sprung into action when the call came to defend their post,” Flynn said. “While that attack on that day exacted a terrible toll on the Soldiers, Sailors and Marines who faced the onslaught of Japanese fighters and bombers, it was the beginning of a period that showed tremendous resiliency and pride of the Army in the Pacific and the nation as a whole.”

### RELATED STORIES

- Read about the Greatest Generation, the Pearl Harbor Joint Ceremony and respect, pp. A-3, A-7 and A-8.



Staff Sgt. Taresha Hill, 8th Military Police Brigade Public Affairs

More than 100 troops from the 45th Sustainment Brigade’s headquarters, redeploying from Afghanistan, are greeted by Maj. Gen. Edward F. Dorman III, commander of the 8th Theater Sustainment Command, as they arrive at Joint Base Pearl Harbor-Hickam before moving to their friends and family waiting at a hangar on Wheeler Army Airfield, Dec. 3.

## 45th Sust. redeploys from Afghanistan CMRE mission

SPC. ERIN SHERWOOD

8th Theater Sustainment Command  
Public Affairs

WHEELER ARMY AIRFIELD — More than 100 troops from the headquarters of the 45th Sustainment Brigade, 8th Theater Sustainment Command, met an emotional explosion of cheers, waving signs, and anxious families

and friends, as they marched into the Wheeler Gulch hangar, here, Dec. 3, to mark the end of their eight-month mission in Afghanistan.

While deployed, the Schofield Barracks-based unit was the final brigade to headquar-

See 45th A-6

## Females get 1st Ranger screening

STAFF SGT. TRAMEL GARRETT  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The air was thick and the heat unforgiving as a small group of female Soldiers crossed the finish line after a 12-mile road march.

However, this wasn’t a typical road march; it was the final graded assignment of the first 12-day Pre-Ranger female screening, hosted by the 25th Infantry Division’s Lightning Academy/Jungle Operations Training Center.

“This 10-day assessment was intended to screen and select candidates for attendance at RTAC (Ranger Training Assessment Course), the Army’s premier Pre-Ranger course, located at Fort Benning, Georgia,” said Capt. Thomas Dybicz, Lightning Academy cadre.

The Army searched far and wide for female Ranger candidates. Interested female Soldiers had until October to apply for possible enrollment. A few in Hawaii accepted the challenge and could possibly pave the way for women in the future.

“It’s a good challenge and definitely a good way for me to broaden my horizons, to learn more for my Soldiers,” said 1st Lt. Sara Roger, fire support officer, 2nd Battalion, 11th Field Artillery, 2nd Stryker Brigade Combat Team, 25th ID. “It will give them a better training experience.”

Although the ultimate goal is attending a future Ranger Course, the standard remains the same for all students.

“They did the same events as the male course. We mirrored the classes at Fort Benning, so Soldiers have a good understanding on what it takes to pass these events,” said Staff Sgt. Christopher Welch, Pre-Ranger instructor.

The course began with a physical fitness test, which included 49 push-ups in two minutes, 59 sit-ups in two minutes, a five-mile run in 40 minutes, and to top it off, six pull-ups.

“My biggest challenge was doing a physically-challenging event right after a physically-challenging event,” said Sgt. Brittany Bradford, military intelligence, Headquarters and Head-

quarters Company, 1-21st Inf. Regt., 2nd SBCT. “It was like running a marathon and then running it again the next day.”

The physical activity didn’t stop after the fitness test; the group had to complete a combat water survival assessment, consisting of equipment removal and a 49-foot swim in full combat gear.



Photo by 25th Infantry Division Public Affairs

Sgt. Amanda Carrasco, 2-27th Inf. Regt., 3rd BCT, crosses the finish line during the Pre-Ranger female screening in Hawaii. The 10-day assessment could pave the way for future female Rangers.

Many of the candidates credit the course with improving their tactical skills and leadership capabilities.

“I see the potential of the leadership capabilities that I’ve learned in the past 10 days,” explained Bradford, a native of Myrtle Beach, South Carolina. “This is worth it, and I hope they continue on with this, because this would be a great opportunity to integrate and improve leadership all around.”

See SCREEN A-6





## HAWAII ARMY WEEKLY

The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

**Commander, U.S. Army Garrison-Hawaii**  
Col. Richard A. Fromm  
**Garrison Command Sergeant Major**  
CSM Louis C. Felicioni  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil  
**News Editor**  
John Reese, 656-3488  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Karen A. Iwamoto, 656-3150  
reporter@hawaiiarmyweekly.com  
**Layout**  
Estrella Dela Cruz-Araiza  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands

**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division**  
MSG Rodney Jackson, 655-6354  
**2nd Stryker Brigade Combat Team**  
SSG Carlos Davis, 655-9461  
**3rd Brigade Combat Team**  
CPT Tanya Roman, 655-1083  
**25th Combat Aviation Brigade**  
CPT Richard Barker 656-6663  
**8th Theater Sustainment Command**  
SFC Mary Ferguson, 438-1000  
**311th Signal Command (Theater)**  
Liana Kim, 438-4095  
**94th Army Air & Missile Defense Command**  
SFC Jaquetta Gooden, 438-2945  
**9th Mission Support Command**  
Brian Melanephy, 438-1600, ext. 3114  
**18th Medical Command (Deployment Support)**  
SFC Nicole Howell, 438-4737  
**Tripler Army Medical Center**  
Ana Allen, 433-2809  
**U.S. Army Corps of Engineers-Honolulu District**  
Joe Bonfiglio, 835-4002  
**500th Military Intelligence Brigade**  
SFC Mark Ledesema, 655-1237  
**599th Transportation Surface Brigade**  
Donna Klapakis, 656-6420  
**USAG-Pohakuloa**  
Dennis Drake, 656-3154

## Police Call

# DES highlights law enforcement efforts

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

Safety and security remains one of the Directorate of Emergency Services' top priorities. Crime statistics alone display the effect that our continued influence has had on the U.S. Army Garrison-Hawaii communities.

During 2013-2014, there was a 52 percent decrease in property crimes, including theft, vandalism and damage to private property. These statistics are a direct result of the increased patrols and law enforcement actions on our installations. Additionally, they reflect the com-

munities' willingness to report incidents to law enforcement. This reaction is a move in the right direction!

Our 102 law enforcement officers patrolling in our communities collaborate, daily, with command teams and Oahu law enforcement to ensure that we maintain the highest standards of safety and security for our service members, their families and civilians. We are continually striving to stop crimes and violations before they occur, and to provide an aggressive and proactive law enforcement presence on our installations.

Additionally, USAG-HI provides 40 law enforcement officers dedicated to controlling access to our installations. For communities that do not maintain 24-hour access control, patrols conduct random daily antiterrorism measures to ensure the safety and compliance of residents and visitors.

As a part of our commitment to maintaining an aggressive and proactive law enforcement posture in our communities, DES established several initiatives over the past year aimed at decreasing and deterring crime.

These initiatives include "Operation Save a Life" to deter and detect individuals driving under the influence of drugs or intoxicants; the "Arrive Alive Awareness Campaign" to ensure compliance with local and federal traffic



Miller

### Police Call Roll-Up for Nov. 25-Dec. 3

The following occurred on U.S. Army-Hawaii installations:

#### •Schofield Barracks and surrounding installations

- 16 - Larcenies
- 6 - Domestic disturbances
- 6 - Wrongful damaging of property
- 4 - Duty upon striking
- 4 - Assaults
- 2 - Unlawful entry to a motor vehicle
- 1 - Unlawful forced entry
- 1 - Limitations on backing
- 1 - Larceny of a vehicle

#### •Fort Shafter and surrounding installations:

- 2 - Assaults

#### •Traffic and other violations:

- 52 - Speeding
- 8 - No driver's license
- 7 - Miscellaneous traffic
- 5 - Driving using a cell phone
- 1 - Dress code
- 8 - No insurance
- 8 - Failure to wear a seat belt
- 16 - Parking
- 8 - Expired registration
- 31 - Expired safety inspection
- 17 - Abandoned vehicle
- 45 - Failure to stop at stop sign

regulations and laws; increased diligence of bike patrol officers to provide presence in the communities; and increased screening measures at access control points.

We encourage each member of our community to continue to do his part in ensuring the safety and security of our installations. If you see something suspicious, call the local Military Police station and report the activity.

Take an even greater ownership of your communities by joining the local Neighborhood Watch established through Island Palm Communities. Ensure your children follow curfew and supervision policies. Keep your property secured by locking your house, car doors, and ensuring your garage door is closed.

Keep yourself and other travelers safe by refusing to drive after consuming alcohol and refraining from using a phone while driving. Use and encourage others to use available resources from Army Community Service, chaplains, Military Family Life Consultants and others to ensure that you and your family have a healthy outlet for everyday stressors, and so you can learn appropriate coping mechanisms.

USAG-HI leaders continue to support a safe and secure environment for our military population. We are proud of the achievements we have made thus far with your cooperation, and we believe that our continued efforts to keep your communities safe demonstrate that you and your safety remain at the top of our priorities.

## FOOTSTEPS in FAITH

# There's no better time to adjust course

**CHAPLAIN (CAPT.) THOMAS MILLER**  
2nd Battalion, 35th Infantry Regiment  
3rd Stryker Brigade Combat Team  
25th Infantry Division

I failed!  
Typically, I'm very disciplined when it comes to holiday eating.

The desserts of Thanksgiving Day hold little temptation for me.

This Thanksgiving was an utter failure. My wife made apple crisp, which, of course, must be accompanied by rich vanilla ice cream. And I caved!

While it took me a few days, there remains no evidence of the existence of the apple crisp and ice cream.

Perhaps, as you look back over the past year, you can see areas of disappointment, and possibly even failure. For you, it may not be in the area of Thanksgiving gluttony; perhaps, it's in

a particular relationship, a job or some personal goal.

So, what now?  
Although failure and disappointment are not new experiences to the human race and may even be considered common, the human response varies greatly.

One particular example of disappointment and failure followed by a positive response is found in the life of Sampson, an Israelite warrior. From birth, Sampson had a specific purpose for his life, and he was to abstain from anything that would jeopardize that purpose.

Time after time, he proved to be reckless and rebellious toward his family, his faith and his commitments. This rebelliousness was ultimately catastrophic and resulted in personnel defeat, leading to his capture and imprisonment by his enemy.

The last moments of his life were a direct reflection of this recklessness and rebellion. Blinded and in shackles, he was brought to entertain his enemies, who had assembled to celebrate his capture. However, we are reminded not of his failures, but rather that there is no better time than the present to adjust your current course and have a renewed purpose for your life.

Sampson's dying words were of repentance and restoration.

*"O Sovereign Lord, remember me. O God, please strengthen me just once more."*

— Judges 17:28

As we reflect on the past year and look toward the coming year, let's take advantage of the moment.

There is no better time than now to look beyond our faults, disappointments and failures, and to move into the future with a renewed sense of faith and purpose for our lives.



Miller

## 21-GUN SALUTE



Photo by Meagan Laman

This year, 3rd Battalion 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, became the first Army unit to participate in the annual Pearl Harbor commemoration activities at Pearl Harbor, Sunday. The Soldiers from Alpha Battery, 3-7th FA, fired a 21 cannon salute during the 73rd Annual Pearl Harbor Commencement ceremony. See the story at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).

## Getting it Straight

In a photo of the inauguration ceremony for Gov. David Ige, showing a color guard from the Army Reserve's "Go for Broke" 442nd Infantry Regiment, the regiment was misidentified as a division in the Dec. 5 issue, p. A-6.

Q:  
A:

Why does the Hawaii Army Weekly publish courts-martial findings?

The Office of the Staff Judge Advocate releases the results of recent courts-

martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

# E-5 reduced to E-1, discharged

A sergeant from Company B, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, was found guilty of two specifications of willfully disobeying a commissioned officer, one specification of willfully disobeying a noncommissioned officer, two specifications of wrongful use of a controlled substance (marijuana), one specification of wrongful possession of a controlled substance (cocaine), one specification of wrongful use of a controlled substance (cocaine) and one specification of wrongful possession of a controlled substance (oxycodone).

The sergeant was sentenced to reduction to private E-1, 15 months confinement and a bad conduct discharge.

### Federal Convictions

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, Soldiers will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.



# Voices of Ohana

Christmas Day is December 25

What is the best Christmas present you've ever received?

Courtesy of 500th Military Intelligence Brigade



"My first Christmas in America, I was in basic training and my drill sergeant inspired me to graduate."

**Spc. Lizhen Deng**  
Linguist,  
715th MI BN



"When I was 5 years old, I got my first puppies — two Chihuahuas."

**Pvt. Mykala A. Johnson**  
ITspecialist, HHD,  
500th MI Bde.



"A beautiful past-present-future diamond pendant necklace just after we had our first child."

**Maj. Adriana R. Ramirez-Scott**  
Supply officer, HHD,  
500th MI Bde.



"This Christmas, my parents are paying for my family of three to fly home for the holidays."

**Matthew C. Rossi**  
Information assurance auditor,  
500th MI Bde.



"During Christmas 2009, I visited family in Alabama with my fiancé and five days later we were husband and wife."

**Staff Sgt. Brian Traylor**  
Analyst, senior enlisted leader,  
715th MI BN



# Zedalis bids farewell to Army after 42 years of service

**LARRY REILLY**  
Installation Management Command-Pacific  
Public Affairs

FORT SHAFTER — A Flying V retirement ceremony was held, Thursday, in honor of Debra D. Zedalis, region director, Installation Management Command-Pacific (IMCOM-P), who retired after more than 42 years as a civil servant.

Zedalis, region director for the past seven years, oversaw the merger of the Korea and Pacific regions in 2011, and the addition of U.S. Army Garrison-Kwajalein in 2013, doubling the number of garrisons from six to 12.

She retired as a member of the Senior Executive Services branch, considered the top of the corporate ladder in civil service. It’s a far cry from her humble beginnings as a civil servant in 1972.

“Just days after graduating from high school, I entered Civil Service as a GS-3 clerk with the Internal Revenue Service in Louisville, Kentucky,” remembered Zedalis, who said her stay with the IRS was short-lived. “I really liked the IRS, but it was 55 miles from where I lived and I quickly learned that driving 110 miles a day wasn’t fun.”

After three months, she made a lateral transfer to the U.S. Army Armor School at Fort Knox.

The Army’s civilian corps seemed to be a natural fit for Zedalis, whose father and two brothers served during the Vietnam era.

“We’ve always been an Army family,” she said.

She later took positions at the Army’s Armor Center, Fort Knox, and the Training and Doctrine Command, before transferring to Germany. There, she worked for the office of deputy chief of staff for Resource Management, and then for Personnel, followed by Personnel and Installation Management (ODCSPIM), U.S. Army-Europe.

It was during her assignment with ODCSPIM that the precursor to IMCOM was established.

“The concept of Installation Management

Agency (IMA) took us all by surprise,” said Zedalis. “At that time, the Army had what was called the Installation Management Steering Committee, comprised of two-star generals from the 15 Major Army Commands (MACOM) that ‘owned’ installations.”

And then came the event that altered her career path and made her Pacific region director.

“The USAREUR, ODCSPIM and I were at the steering committee to learn of the Army initiative called the ‘Centralization of Installation Management’ when the planes hit the Twin Towers and the Pentagon,” she recalled. “That afternoon, we were called back to the conference room and were then briefed on the centralization concept. MACOMs were told that they had to stand up the IMA regions within one year.”

The Army stood up IMA so that Soldiers and their families, wherever they went, would know what service, at what standard, they would receive at every post, and the Army would more effectively use the dollars it received by being able to buy large quantities of items and have them delivered to multiple installations.

“IMA was often compared to McDonalds — services and programs would be standardized, and you’d know what you were getting, wherever you went,” said Zedalis. “Frankly, it made a lot of sense then, and in my opinion, makes even more sense now.”

Soon after 9/11, Zedalis became the first region chief of staff as she helped establish the IMA-Europe Region.

“It was an exciting time as we set up a brand-new organization and had to define the processes, acquire buildings, furnishings and equipment, but most important was the establishment of the communication channels with MACOM, DA and IMA headquarters, and the garrisons,” said Zedalis. “When IMA was transformed into



Photo by Sheila Gideon

**Debra D. Zedalis, IMCOM-Pacific Region director, speaks to students at Seitz Elementary School, Kwajalein, about living on the remote Pacific atoll during an October 2013 visit.**

IMCOM in 2006, we had a commander, as opposed to a staff or agency head, and that proved to be a great advantage.”

Zedalis served as the deputy garrison commander at West Point, where she created professional development programs for her civilian workforce.

Since rising to the SES and assuming the responsibility of director, IMCOM-Pacific Region in 2007, she has emphasized coaching, teaching and mentoring to the workforce for when they assist the garrison teams, and in turn when the

garrison workforce serves its community.

“Anyone who has ever worked with the wonderful Soldiers, civilians and families we have will always have a passion for serving with them and for them. ... It is truly a passion to serve,” added Zedalis. “Soldiers volunteer because they have a heart for service. We who volunteer to take care of them have that same heart of service and a desire to be a part of something larger than ourselves.”

Zedalis will retire in Hawaii and plans to do volunteer work.

# ‘Greatest Generation’ visits WAAF & Schofield Barracks

Story and photo by  
**STAFF SGT. SEAN EVERETTE**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — For some, it was a return to the scene of one of the most memorable days of their lives.

For others, it was the first time they had visited this particular part of Oahu.

But for all 12 of the World War II veterans who visited Wheeler Army Airfield and Schofield Barracks, Dec. 5, it was a chance to take a walk down memory lane.

“It brings back all of the memories,” said Jack Holder, a former Patrol Bomber Y (PBY) pilot who was stationed on Ford Island during the Japanese attack on Oahu. “This was a wonderful occasion to be invited on this. When I was here in the Navy, I never did get to Schofield, so this is a revelation. I’m glad I get to see it.”

Thomas Pesto, a former staff sergeant in the 24th Infantry Division,



**Edward Stone, a Navy veteran of World War II and survivor of the Japanese attack on Pearl Harbor, meets Soldiers as he arrives on WAAF. Stone and 11 other "Greatest Generation" veterans were treated to a tour and static displays of a Black Hawk helicopter and a Stryker combat vehicle. Later, they paid their respects at the 25th CAB's memorial and dined at the Warrior Inn.**

was playing football on WAAF the morning of Dec. 7, 1941, when the Japanese attacked.

“The memories were so bad that morning,” he said. “I always think about how we were over on the other side of the hangars playing football. Why I looked at my watch at two minutes till 8 a.m., I’ll never know, but I looked at it, and then looked up, and there’s this squadron of Japanese planes coming in.”

Pesto, Holder and the 10 other “Greatest Generation” veterans were treated to a tour of one of the historic hangars hit during the attack on Wheeler. During the tour, they also had the chance to climb into static displays of a UH-60 Black Hawk helicopter and a Stryker combat vehicle.

Afterward, they hung lei on the Soldier’s Cross at the 25th Combat Aviation Brigade Memorial and had lunch with Brig. Gen. Bryan Fenton, the

25th ID deputy commanding general-Operations, at the 2nd Stryker Brigade Combat Team Warrior Inn dining facility.

“It makes a significant difference to us when we can take the past and link it to the future,” said Lt. Col. Josh Higgins, 2nd Battalion, 25th Avn. Regt., 25th CAB, 25th ID, as he addressed the veterans at the 25th CAB memorial. “It gives us purpose. It gives us direction. It gives us that pride we need to continue to serve our country. You’re an inspiration to us all.”

Fenton added, “Thanks for spending the day with us today. We very much appreciate it. It gives us a chance to stay in touch with our teammates and tell you, ‘Thank you,’ in person.”

The 12 visiting Greatest Generation veterans were brought to Hawaii by the Greatest Generation Foundation to honor the 73rd anniversary of the attack on Pearl Harbor and Oahu.



# Guam governor meets with Sea Dragons

Story and photo by  
**SGT. KIMBERLY K. MENZIES**  
94th Army Air and Missile  
Defense Command Public Affairs

**FORT SHAFTER** — Eddie Baza Calvo, the eighth elected governor of Guam, spoke with Sea Dragon Soldiers native to Guam at the 94th Army Air and Missile Defense Command’s St. Barbara’s Day Ball, Friday.

During his visit to Hawaii, Governor Calvo also visited Schofield Barracks’ Warrior Transition Battalion to lift spirits during the holiday season while the Soldiers are separated from their loved ones.

“I’ve had the opportunity to go to many different parts of the nation and different U.S. bases. I’ve had an opportunity to meet with our Guam Soldiers,” said Calvo. “I must tell you how proud I am, as an elected public servant from Guam, of what I’ve heard of the quality of the Guam Soldiers, whether it was the Army, Navy, Air Force, Marines or Coast Guard; it is the same story.

“There is camaraderie, esprit de corps, that is amongst our people coming from Guam. A love of nation, love of flag, love of our people, and it is an honor to see you here,” he said.

Calvo shared the reason why the Soldiers’ service and sacrifices are so important to the people of Guam.

“Many of your parents and grandparents were civilians in a time of occupation when Guam was not only bombed, but under foreign rule for three years until the liberation in 1944. When the North Korea scare was apparent and things were being



**Gov. Eddie Baza Calvo, the eighth elected governor of the United States territory of Guam, visits with 94th Army Air and Missile Defense Command Soldiers at Fort Shafter, Dec. 5. The Soldiers are native to Guam.**

put in the media, there were some of our man’amko, our elderly, who were reminded of the early years of World War II, and old wounds were reopened.”

Calvo requested that air defense assets be moved to Guam. As a result, the 94th AAMDC stood up Task Force Talon, the first-ever forward-deployed Terminal High Altitude Area Defense unit at Anderson Air Force Base, Guam.

“It was not only for physical defense of the island, but I think, for much of our people, it also showed the support of the armed services of the United States in protecting our people,” said Calvo.

The 94th AAMDC Soldiers listened intently and were happy to receive greetings from their home.

“It was an honor to have the opportunity to meet with Governor Calvo,” said Staff Sgt. Michael Cabanayan, property book noncommissioned officer in charge and a native of Dededo. “It means a lot that he made the trip from Guam to here to meet with Soldiers. It shows that he cares and supports his Soldiers. Many of the Soldiers from Guam have been away from their families for a long time, and this visit definitely helps boost morale.”

“It was a great feeling to meet such an influential leader of my island home,” said Maj. John Cruz, operations officer and native of Tumon Bay. “Not many Soldiers get a chance to meet with their state governors during the time they serve in the military. For our small group to

get a chance to interact with him was a privilege.”

The significance of meeting with the governor went beyond historic privilege for some of the Soldiers.

“Guam is so far away from any major Army installation and units, that it is important to (Soldiers when the governor) expresses his gratitude on behalf of the island community at any chance he gets,” said Cruz. “If anything, I felt like he was a distant family member making sure his family is doing okay.”

At the St. Barbara’s Day Ball, Calvo was inducted into the “Honorable Order of St. Barbara.”

St. Barbara is the patron saint of air defense and Santa Barbara is one of the patron saints to Guam’s Dededo Village.

## Calvo, Paulino visit WTB troops

**SPC. PAXTON BUSCH**  
Pacific Regional Medical Command  
Public Affairs

**SCHOFIELD BARRACKS** — Guam’s governor and adjutant general visited Guam’s “Soldiers in Transition” at the Pacific Regional Medical Command-Warrior Transition Battalion, here, Dec. 4.

This visit was the second one by Gov. Eddie Calvo and Maj. Gen. Benny Paulino, this year, with Soldiers from Guam attached to the Transition Battalion.



Calvo

“You guys are always here in my thoughts.”  
— **Eddie Calvo**  
*Governor of Guam*

The leaders briefed the Soldiers on current events in Guam, and they discussed their morale and well-being.

The troops got the opportunity to ask questions and bring up concerns, and they met privately with Paulino and Calvo to discuss issues one-on-one.

“You guys are always here in my thoughts. I’m here to just encourage you, and I want to see you all back on the home beaches of Guam, and maybe get back there for the new year,” said Calvo.



## USPS 2014 Christmas shipping deadlines

The dates for international First-Class, Priority and some Express Mail have passed, but there’s still time to ensure that mail and packages are delivered before Dec. 25.

Visit [USPS.com](http://USPS.com) for other mailing options and gift ideas.

The U.S. Postal Service recommends the following mailing and shipping deadlines:

- Dec. 15,** Standard Post.
- Dec. 17,** Global Express Guaranteed.
- Dec. 20,** First-Class Mail.
- Dec. 20,** Priority Mail.
- Dec. 23,** Priority Mail Express.



# SHARP crucial to USARHAW’s ‘4S’ holiday campaign

**ROCKY COLE**  
2nd Stryker Brigade Combat Team  
25th Infantry Division

While the holiday season is a time of joy and happiness for many, it can also be a time of stress and sorrow for some.

This fact can especially be true for Soldiers and their family members who are away from loved ones.

Often, depression and suicide are the more heavily discussed topics during the holidays, and the focus is on creating strategies to combat these problems.

While those topics are critical, other troubling issues, such as sexual harassment or sexual assault, are equally important to consider.

Reports indicate that victims of sexual assault

or harassment are typically new Soldiers who have just arrived at their first duty station, usually located far from their family and support networks. As a result, the holidays can be especially stressful and lonely for these Soldiers, and this vulnerability can create the elements for potentially dangerous situations.

For example, personnel are on leave and routines are altered to holiday schedules that are not the norm. A new arrival to a duty location, one far from home, such as Hawaii, may preclude a trip to visit family; thus, some personnel may be in an unfamiliar location with the added stress of not having a support network and the structure of normal military operations.



During the holidays, there are numerous parties and gatherings, and alcohol is usually present. Alcohol is often a contributing factor to sexual assault, though not always. The added stress of the holidays may create situations where contributing factors have increased.

During the holidays, the Sexual Harassment/Assault Response and Prevention program, or SHARP, will be fully staffed by caring professional personnel, around the clock.

Every Soldier has a role in the 4S campaign and can “Take a STAND!” against any form of sexual harassment/assault. The SHARP program encourages every Soldier to Intervene, Act and Mo-

tivate (I AM Strong).

If you see a Soldier who is at risk, intervene and call for help if you need assistance.

To highlight SHARP during the holidays, the 2nd Stryker Brigade Combat Team, 25th Infantry Division’s SARC (sexual assault response coordinator) has held several events:

- The “Take Back the Night” glow run was held Nov. 22 to promote SHARP awareness.
- The division’s 3rd BCT SARC set up an information station in the Bronco Café for Thanksgiving lunch and recorded a SHARP public service announcement, Nov. 26, titled “What’s Your No More?”
- Garrison SHARP victim advocates spread holiday cheer by delivering candy with the SHARP hotline number to every directorate.

All these events have highlighted the importance of the SHARP program during the holiday season. Regardless of where you are in the world during the holiday season, if you, your Soldier or friends have been sexually assaulted, reach out for assistance.

We’re here if you need us.  
*(Note: Cole is a SHARP victim advocate.)*



SARCs from the 2nd SBCT, 25th ID, hold a "Take Back the Night" glow run, Nov. 22, to promote awareness of the SHARP Program. SHARP, an important part of the “Take a STAND!” campaign will be fully staffed around the clock during the holidays. All Soldiers have a role in preventing any form of sexual assault/harassment.

**What is 4S?**

The “4S” campaign pays special attention to substance abuse, sexual assaults/harassment, suicide and safety violations.

A key part of the 4S campaign is the Army’s SHARP program.

“As we enter the holiday season, everyone needs to be vigilant,” said Maj. Gen. Charles Flynn, senior commander, U.S. Army-Hawaii, to sum up the primary prevention strategy of the 4S holiday campaign.

Watch out for your fellow Soldiers during the holidays, and if you see something that concerns you, reach out to that person and ask for help if you need assistance or are not sure what to do.

The SHARP Hotline is 655-9474.

For the Department of Defense, call (877) 995-5247.

# Application for phones puts fast help in Soldiers’ hands

**NOELLE WIEHE**  
Army News Service

FORT BENNING — A new Sexual Harassment and Assault Response and Prevention (SHARP) “WeCare” app was developed for the Army.

The app supplies users with hotline numbers, links and manuals to aid in seeking support during a difficult time, whether it is a suicidal situation or case of sexual assault.

The app is available for Android and iPhone systems and offers such hotlines as the 24/7

National Suicide Prevention Hotline and the Department of Defense Safe Helpline. Previously, SHARP relied on banners on websites and on bridges to spread the word about their services.

An important number found on the app is the SHARP Hotline, and the line is monitored 24 hours a day, seven days a week.

Within the SHARP program are Sexual Assault Response Coordinators (SARCs) and Victim Advocates (VAs), who are assigned to each brigade.

The SHARP program follows a process,

which the WeCare app makes much more efficient.

If a situation arises, a person can pull up the app and tap to call the appropriate hotline to address crisis.

From there, paperwork is done, including a victim preference statement as to whether to file a restricted or unrestricted report.

A restricted report allows the individual to get help without involving the police or the chain of command, while an unrestricted report does involve them and an official investigation.

**Downloading**

The WeCare app can be download by searching for “WeCare app” in the Apple iTunes App Store or Google Android Market.



# Warrior Care Month wraps up at WTB

**ANA ALLEN**  
Pacific Regional Medical Command  
Public Affairs

HONOLULU — Tripler Army Medical Center’s Warrior Transition Battalion has concluded its Warrior Care Month (WCM) festivities.

The monthlong celebration was part of an Armywide campaign, spanning Oct. 27-Nov. 30, aimed at informing and educating key military, civilian and retiree leaders about the value, impact and successes of the Army’s commitment to wounded, ill and injured Soldiers, their families and caregivers.

Each week of the campaign celebrated a different theme, which included showing strength through recovery, rehabilitation, reintegration and remaining strong.

WTB-Hawaii kicked off WCM with a ribbon cutting ceremony, Oct. 31, for a new WTB campus, which included new barracks and administrative buildings.

During the ribbon cutting, WTB-Hawaii cadre member Sgt. 1st Class

Bonifacio Castro provided remarks. The four-time Purple Heart recipient’s emotional and patriotic remarks were a memorable way to start WCM.

Rep. Tulsi Gabbard gave the keynote address, and Sen. Maize Hirono and Maj. Gen. Charles Flynn, commander, 25th Infantry Division, also were present.

WTB-Hawaii hosted a total of 27 WCM events ranging from a water polo tournament with a Marine Corps Warrior in Transition sister component, to a Tailgate Party hosted by key community and military retiree leaders, to include Hirono and Rep. Colleen Hanabusa, and numerous retired flag officers from all branches of the military.

Soldiers in transition also took part in a recognition ceremony during halftime of the University of Hawaii football game.

“Although Warrior Care Month has come to an end, we continue on in our efforts to care for our nation’s heroes, the wounded, ill and injured



Photo by Tripler Army Medical Center Public Affairs

**TAMC's Warrior Transition Battalion kicked off November's Warrior Care Month with a ribbon-cutting dedication for a new WTB campus, Oct. 31. From left, Lt. Col. Brian Peterson, WTB commander; Sgt. 1st Class Bonifacio Castro, WTB cadre and four-time Purple Heart recipient; Maj. Gen. Charles Flynn, commander, 25th ID; 1st Lt. Matthew Turell, Soldier in Transition; and Col. David Dunning, commander, Tripler Army Medical Center.**

Soldiers and families through the transition and recovery process,” said Lt. Col. Brian Peterson, commander, WTB-Hawaii. “This is our priority, and we remain ever committed to this noble calling.”

## Screen: Course first of its kind

CONTINUED FROM A-1

“I learned a lot about myself, and it has definitely made me a better leader,” said Sgt. Amanda Carrasco, 2-27th Inf. Regt., 3rd BCT. “I learned I could push myself harder, and a lot of it is just mental, and now I know I’m physically prepared.”

The Soldiers worked together as a team to get through all of the obstacles and synchronized themselves in order to make this evaluation a success.

“You’re not going to get through this class or Ranger school by yourself,” said Welch, a Franklin, North Carolina, native. “You will need help from your Ranger buddies. It’s not something you can do on your own, and that’s part of the learning process.”

Roger has advice for female Soldiers who want to attend the course.

“They’re Soldiers, and if they feel that they perform as well as their counterparts to their left and right, then by all means, go for it,” said Roger. “Don’t let anyone ever hold you back.”

# 45th: Redeploying sustainment troops arrive after 8-month Afghanistan mission

CONTINUED FROM A-1

ter the U.S. Central Command Materiel Recovery Element (CMRE), charged with sorting, tracking and recovering all U.S. military equipment from an operational area roughly the size of Texas.

The 8th TSC commander, Maj. Gen. Edward F. Dorman III, joined the eager crowd in applauding the troops, saying, “They are great, they are innovative, and they always find a way to accomplish the seemingly impossible.”

The mission was a first for the sustainment brigade, which has deployed multiple times for support operations to Afghanistan and Iraq, but never as a CMRE unit.

“Rather than bringing equipment into the country like we’ve done for the past 13 years, we were focused on the deconstruction and pushing equipment out of theater,” said Capt.



Photo by Sgt. John Heinrich, 8th Theater Sustainment Command Public Affairs

**Troops from the 45th Sust. Bde.’s headquarters meet an emotional explosion of cheers, waving signs and anxious families and friends, Dec. 3, marking the end of their deployment. The 45th was the final brigade to headquarter the U.S. CENTCOM CMRE, charged with sorting, tracking and recovering all U.S. military equipment from an operational area roughly the size of Texas.**

Mina Davis, the logistics and property accountability manager for the brigade.

The CMRE oversaw the retrograde process for 6,755 pieces of theater-provided equipment valuing more than \$300 million, and the brigade also took command of two engineer battalions, and a combat sustainment support battalion with troops at 46 bases conducting deconstruction and retrograde operations across Afghanistan.

“Our mission was twofold,” explained Col. Gregory Boyd, commander, 45th Sust. Bde. CMRE. “First, to turn over these bases to our Afghan partners, so they can continue to utilize them in the future; and second, to return valuable items back into the Army supply system and aid our future readiness.”

The brigade completed over 705 de-scoping projects, and route clearance companies conducted 87 mis-

sions clearing over 10,000 kilometers of Afghan highways to keep routes safe for both coalition forces and civilians.

“The biggest piece was definitely relationship building,” said Boyd. “Normally, we are not in charge of engineer battalions, so there were a lot of things we had to learn by doing.”

Units rotated in and out of the CMRE’s area of operations, and Maj. Stephen McGowan, CMRE operations officer, said, “As a headquarters, we also had to ensure new companies arriving were ready to continue the mission for departing units.”

“I believe our deployment is a testament to the ability of our active, guard and reserve forces to pull together, adapt and accomplish the mission,” he said.

While its headquarters element was deployed, the 45th Sust. Bde.’s subordinate units continued to provide flexible sustainment capabilities and readiness throughout the Pacific.





U.S. Navy photo by Mass Communication Specialist 2nd Class Diana Quinlan

A joint service color guard parades the colors during the commemoration ceremony at the Pearl Harbor Visitor Center. More than 2,000 guests, including Pearl Harbor survivors and other veterans, attended the memorial ceremony.

# Pearl Harbor attack commemorated

**SGT 1ST CLASS JAQUETTA GOODEN**  
94th Army Air and Missile Defense Command  
Public Affairs

PEARL HARBOR — Soldiers, Sailors, Marines and Airmen joined together to commemorate the 73rd anniversary of the attack on Pearl Harbor, Sunday.

During the event, hosted by the National Park Service and the Navy, military members from each branch of service had the honor of participating in a wreath laying ceremony at the memorial. A noncommissioned officer from the 94th Army Air and Missile Defense Command represented the Army.

“It was definitely an honor to be a part of this ceremony. The survivors of the attack on Pearl Harbor, 73 years ago, sacrificed a lot and lost many friends and family,” said Staff Sgt. Mark Giauque, early warning section NCO in charge, 94th AAMDC. “This ceremony paid tribute to their sacrifices, and I am extremely thankful that I was able to be a part of it.”

The program was filled with highlights, such as music, a Hawaiian blessing and a cannon salute. However, it was the laying of the wreath that made it memorable for Giauque. The wreath laying ceremony is symbolic for paying respects to the fallen; it’s a formal way of honoring those who have paid the ultimate sacrifice.

“My favorite part of the ceremony was being able to represent the U.S. Army in escorting an Army Pearl Harbor survivor to lay the wreath,” added Giauque.

The significance of the attack on Pearl Harbor will forever touch every service member, especially those who were stationed here.

“I cannot imagine how the service men must



U.S. Navy photo by Mass Communication Specialist 2nd Class Laurie Dexter

Vistors enter the USS Arizona Memorial during the 73rd anniversary of the surprise attack on Pearl Harbor. The battleship was destroyed and most of the crew were killed on Dec. 7, 1941. Four surviving shipmates, all in their 90s, were present at this year’s ceremony.

have felt during the attacks, especially being stationed right where it happened,” said Giauque. “Our headquarters is being moved to the building on Hickam Air Force Base, where a 500-pound bomb was dropped on the day of the Pearl Harbor attack. I am reminded of this attack every day when I walk into my office because there are still bullet holes in the side of our building from the strafing runs conducted by the Japanese Zeros.”

“The good Lord saved just a few of us,” said Donald Stratton, 92, one of the survivors of a gun director in the forward part of the ship.

Stratton sustained severe burns during the attack, which required hospitalization lasting for more than a year.

“So terrible, terrible day,” Stratton said.

A moment of silence was observed at 7:55 a.m., the exact time the Japanese attack on Pearl Harbor began 73 years ago. The guided missile destroyer USS Chung-Hoon (DDG 93) rendered pass in review honors to the USS Arizona and all Pearl Harbor survivors present.

The 199th Fighter Squadron, Hawaii Air National Guard, 19th Fighter Squadron, U.S. Air Force, also presented an F-22 Raptors flyover.

The theme for the historic event focused on “Preserving the Memory,” ensuring that the memories of the attack on Oahu and World War II live on through each passing generation. Letters, photographs and diaries are used to educate, commemorate and memorialize a generation.

# Social media users are advised to practice better OPSEC

**ARMY NEWS SERVICE**  
News Release

You’ve probably seen the recent news stories regarding threats from ISIS against military members.

Online postings from the group suggest their followers use social media pages to find and target those associated with the U.S. government.

Although we regularly remind you to use precautionary measures online, this seems like a good time for a refresher:

●**Limit who can see what you post.** In most cases, only the people you allow to view your information can see it, so be sure all your accounts are set to “Private.” This keeps your information limited to those you’ve accepted as friend/follower and prevents your posts from appearing in search results.

●**Know your audience.** Many users allow their posts to be public and freely accept friend/follower requests from anyone. This practice is not ad-



visable.

You should limit your online social circle to people you actually know. Only accept friend/follower requests from people you trust to see what you’re posting.

And be conscience of “tagging” people in posts and photos, which expands the audience from just yours to all the friends/followers of whoever is tagged.

●**Practice OPSEC.** No matter what precautions you take, there is always a chance that

*No matter what precautions you take, there is always a chance that your posts can be made public.*

your posts can be made public. No site’s security settings are absolute, so post as if the whole world is reading, and remember, once it’s online, it’s out there forever.

Many applications and sites

apply location data to your posts automatically. Be sure the “Geolocation” options are turned off.

A good rule of thumb is to avoid specifics, such as addresses, dates and locations.



RESPECT FOR THE FALLEN



Photo by Brian Melanephy, 9th Mission Support Command

PEARL HARBOR — It is customary for uniformed service members to render honors while passing the USS Arizona Memorial. Gen. Vincent Brooks, commander, U.S. Army-Pacific, renders honors to the USS Arizona Memorial while sailing with Army Reserve mariners of the 548th Transportation Company, Saturday. Brooks accepted an invitation to meet the crew of LSV-7 SSGT Robert T. Kuroda and to get underway the day before the 73rd anniversary of the 1941 attack. He received a briefing, toured the engine room and bridge, and observed crew members conduct a firefighting drill.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**CPAC Closed** — The Civilian Personnel Advisory Center will be closed, 11 a.m.-3:30 p.m. For appointments, call 438-6782 and leave your name, phone number and a

short detailed message.

**VA News** — “Modern Healthcare” magazine recently ranked Dr. Carolyn M. Clancy, the Department of Veterans Affairs’ Interim Under Secretary for Health, as No. 19 in its annual “100 Most Influential People in Healthcare” poll.

- A national Hypoglycemic Safety Initiative was launched to encourage diabetic veterans to seek support to lower the risk of hypoglycemia (low blood sugar). Visit [www.va.gov/opa/pressrel/pressrelease.cfm?id=2666](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2666).
- Expanded eligibility for veterans in need of mental health care due to sexual assault or sexual harassment that occurred during their military service is available. This trauma is commonly known as military sexual

trauma (MST).

This expansion, which primarily pertains to Reservist and Guardsmen participating in weekend drills, gives the authority to offer veterans appropriate care and services needed to treat conditions resulting from MST that occurred during a period of inactive duty training.

Visit [www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp).

**Medical Debt Collection** — The Consumer Financial Protection Bureau found medical debt has a significant impact on consumer credit, as 43 million Americans have overdue medical debt on their credit reports. The medical debt study can be found at [http://files.consumerfinance.gov/f/201412\\_cfpb\\_reports\\_consumer-credit-medical-](http://files.consumerfinance.gov/f/201412_cfpb_reports_consumer-credit-medical-and-non-medical-collections.pdf)

[and-non-medical-collections.pdf](#)

13 / Saturday

**Retreat** — A one-day couples’ resiliency retreat, hosted by Army Community Service and Family and Morale, Welfare and Recreation, takes place at the Nehelani, 8 a.m.-4 p.m.

Limited child care is available; call to make arrangements at 655-4368.

15 / Monday

**Change of Responsibility** — 18th Medical Command (Deployment Support) will hold a change of responsibility ceremony at 10 a.m. Command Sgt. Maj. Alexis A. King will relinquish responsibility to Command Sgt. Maj. Thomas Wrighton Jr. Call 438-5938.



Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Today

**Jingle Run** — Expect traffic to be slower as the garrison and division hold the 2014 Jingle Run, 6-8 a.m., from Weyand Field, dashing up Trimble Road, to the Mission Training Complex and back. Call 655-4756.

**Improved Parking** — About 121 new parking stalls are now open on the lower level of the Oceanside parking lot at Tripler Army Medical Center. The parking project began in mid-August to help alleviate parking concerns. Visit [www.facebook.com/TriplerArmyMedicalCenter](http://www.facebook.com/TriplerArmyMedicalCenter) for photos of the before and after.

15 / Monday

**Island Demolition** — There will be road and lane closures, weekdays, 7:30 a.m.-4 p.m., on Schofield Barracks for the demolition of the concrete island at Glennan Street, and for the restriping of Waianae Avenue to allow for two-way traffic.

The portion of Waianae between Gorgas and Dawson roads will be closed Dec. 15-17. The left lane of Waianae between Glennan and Heard Avenue will be closed Dec.18-19.

20 / Saturday

**Power Outage** — Schofield’s General’s Loop, Charlton and Jecelin streets and Quad B will be impacted by an outage, 7:30 a.m.-2 p.m.

24 / Wednesday

**CDL Closed** — HDOT says that the state Commercial Driver’s License Office at 99-501 Salt Lake Blvd. will be closed due to the Sheraton Hawaii Bowl Game and Christmas. No commercial motor vehicle or motorcycle operator skills testing will be conducted, and license transactions will not be administered by the CDL office on those dates.

Commercial drivers and motorcyclists whose permits/licenses expire Dec. 24 should renew before then.



## PAU HANNA

"When work is finished."

## Buyers should shop with care, attention

VERONICA DUDLEY

U.S. Army Public Health Command

♪♪ You better watch out. You better not cry. You better not pout. I'm telling you why. Holiday thieves are coming to town. ♪♪

The holidays were never meant to be marked by stress and anxiety, but all too often, the most wonderful time of the year becomes less about spending time with loved ones and more about protecting yourself from being a victim of identity theft.

## Make a list

The list below gives some tips to help you shop safely and securely during the holiday season.

**1) Monitor.** One of the first things a consumer should do to protect self during the holiday season is to enroll in a credit/debit card credit-monitoring service. Taking this step will provide early warning notification if unusual activity occurs with your account.

**2) Protect cards and re-**

**ceipts.** Be alert while shopping. Be sure that you get your card back after every purchase. Always make sure that sales vouchers are for the correct purchase amount before you sign them. Keep copies of your sales vouchers and ATM, debit or credit card receipts in a secure place.

**3) Personal information caution.** Don't volunteer any personal information when you use your credit card. Only display your personal identification as requested by a merchant.

Don't put your driver's license number on your checks.

**4) Review statements regularly** to ensure there are no suspicious charges. Contact your bank immediately if you see a charge you don't recognize.

**5) Be careful online.** Use caution when shopping online. Select one credit card with a low credit limit to use for all your online purchases. Immediately after you make a Web transaction, completely close your browser.

To maximize Web transaction safety, use a recent version of your Web browser. Web addresses starting with "https" and Web pages with a padlock symbol in the lower right corner are safest.

**6) Check your account often.** Reviewing your recent account activity is fundamental to credit card safety, and it's easy. You can do it online or by phone. If your credit card issuer offers email or mobile alerts about unusual activity, sign up to receive them. If you've been a victim of fraud or identity theft in the past, consider signing up with a credit-monitoring service.

See LIST B-5

## Attention Holiday Shoppers

## Tips help people navigate online shopping threats

NATHAN PFAU

Army News Service

FORT RUCKER, Alabama — While those who braved the crowds of Black Friday probably took steps to ensure their physical safety and to avoid being trampled

special deal, those who go online to find deals in the digital world are advised to look just as carefully at their online safety, according to directorate officials.

Since the advent of Cyber Monday and online shopping, in general, people have

been quick to offer up their personal information for that special deal, but if shoppers aren't careful, their online dreams could quickly become a nightmare, if they don't make sure to stay safe while shopping online, said Peggy Contreras, a Community Police supervisor at Fort Rucker's Directorate of Public Safety.

"A lot of people now shop online during the holiday season, and when they do so, they need to make sure that they are shopping on a secure website," she said.

People should look for a little lock pad in the URL that tells them that the website is secure, and if they have any questions about the site, they should call the site directly and ask questions, or do whatever they can to

verify that the site is reliable.

Most reputable websites will secure their websites with encryption, especially when dealing with financial information like credit card numbers or bank information. Encrypted websites will start with "https" at the beginning of the web address — the "s" at the end of "http" stands for "secure," according to the Federal Trade Commission website at [ftc.gov/idtheft](http://ftc.gov/idtheft).

## Identity theft

The threat of identity theft is everywhere, but people can be more at risk while doing shopping online, said Contreras. If people do their shopping online, she suggests that they visit only websites that they have trusted in the past.

"People need to do their homework when shopping online, or in general," she said. "If you are shopping on a new website that you've never been to before, you need to be extremely careful. If there is any indication to them that the website might be bogus, take the extra step to check it out or avoid it altogether."

People should also be wary of misspelled words in emails and especially in web addresses, which are usually telltale signs that the website is fraudulent, she said. Also, people should never divulge personal information through email, phone or text messages, and especially avoid giving out Social Security numbers.

Another threat that people should be aware of are online scammers who will pretend to sell items that they don't really have, said the Community Police supervisor. Websites that people can buy directly from other people are usually done at their own risk, so she suggests that people avoid those entirely, if possible.

See ONLINE B-5

## Everyone must follow the rules for holiday gift giving

SUSAN BENNETT

Army News Service

ANNISTON ARMY DEPOT, Alabama — The holiday season should be a time to reflect, rejoice and renew, but it must be done within the ethical rules, so as to preserve professionalism and impartiality.

The general rule is that federal personnel may not accept gifts offered because of their official positions.

Questions usually arise when supervisors or contractors are involved in the gift giving. With the holidays approaching, employees should make sure they follow these important ethics rules.

## Gifts from contractors

Federal employees normally may not accept a gift from a contractor employee or any non-federal person or entity seeking to do business with the government. There are exceptions to the general rule:

- Federal personnel may accept gifts (other than cash) not exceeding \$20 from a prohibited source, as long as the total amount of gifts from that source does not exceed \$50 for the year.
- Federal personnel may accept gifts, even from a contractor employee, based on a bona fide personal relationship. For example, a federal employee may accept a gift from her brother who works for a contractor as long as the personal gift is actually paid for by the contractor employee rather than the contractor.
- Federal personnel may generally attend an open-house or reception and accept any gift of refreshments if it is a widely-attended gathering

and the employee's supervisor determines it is in the agency's interest for the employee to attend.

- Federal personnel may accept invitations (even from contractors), which are open to the public, to all government employees or to all military personnel.

- Federal personnel may accept invitations offered to a group or class not related to government employment. For example, an employee who is a garden club member may attend an event for the garden club offered by a company who is also a government contractor.

- Refreshments consisting of soft drinks, coffee, pastries or similar items not constituting a meal may be accepted, since they are not considered a gift.

- Outside business or other relationship results in attendance at an event. For example, a federal employee's spouse works at BAE Systems. The federal employee may accompany the spouse to the BAE Systems' holiday party, since the invitation is to the spouse as a BAE Systems employee and not to the federal employee because of his or her position.

## Gifts between federal employees

Gifts between supervisors and subordinates are covered by different ethics rules. The general rule is, supervisors may not accept gifts from subordinates or federal personnel who receive less pay.

Again, there are exceptions to this general rule:

- During holidays, which occur on an occa-

sional basis, supervisors may accept gifts (other than cash) of \$10 or less from a subordinate.

- Supervisors may accept food and refreshments shared in the office and may share in the expenses of an office party.

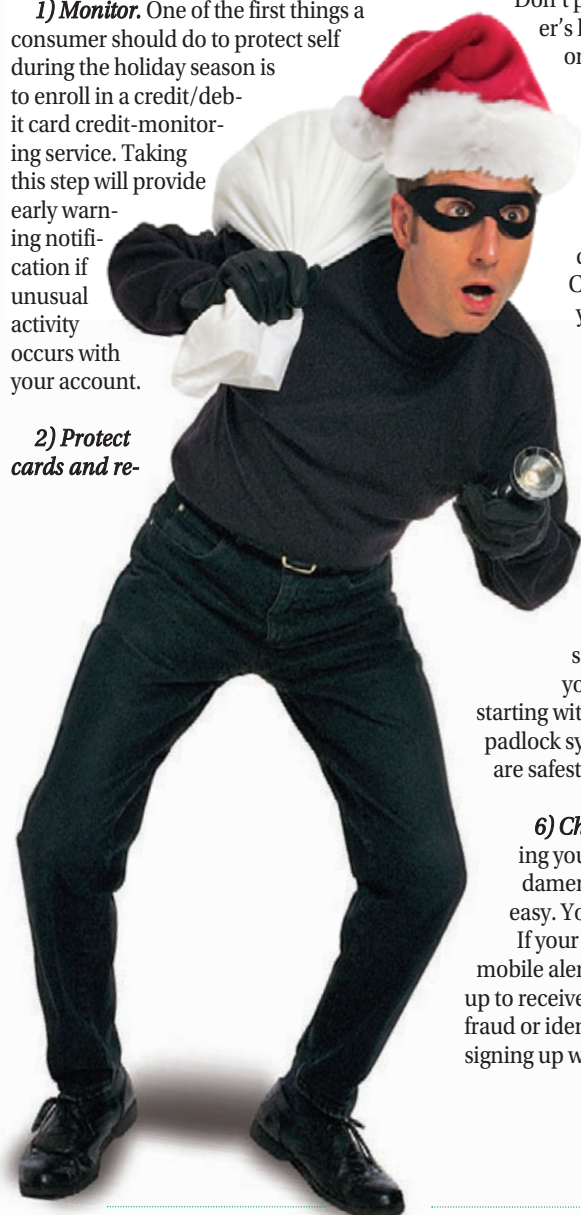
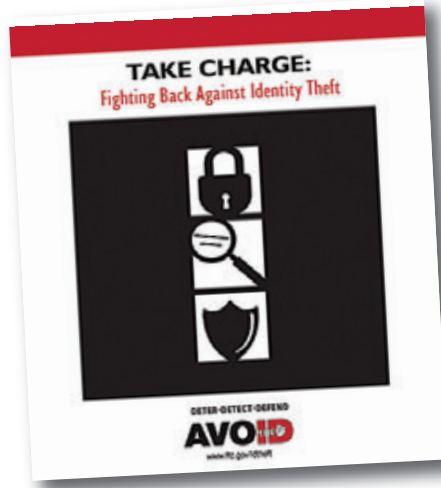
- If a subordinate is invited to a social event at the supervisor's residence, the subordinate may give the supervisor a hospitality gift of the type and value customarily given on such an occasion.

- If you are a supervisor, you may offer an invitation to subordinates for a party at your residence and accept a personal hospitality gift that is customarily provided on the occasion. If you are a subordinate, there are no restrictions on offering or accepting invitations to a party and a personal hospitality gift from your supervisor or a co-worker.

There are no legal restrictions on gifts given between non-supervisory employees or gifts given by a supervisor to subordinates. However, common sense (and good taste) should always apply!

(Note: Bennett works at the Anniston Army Depot Legal Office.)

All file photos







Briefs

13 / Saturday

**AMR Breakfast with Santa** — Start the day at 8 a.m. with Santa. Reservations are required and can be purchased at MWR Leisure and Travel Services centers. Call 655-0002.

**AMR Winter Wonderland** — Enjoy this annual fun-filled holiday event, 9 a.m.-2 p.m., which includes free play in snow (courtesy of FS Hui O` Wahine), free kids' activities, inflatable bouncers and pictures with Santa, Mrs. Claus and their friendly Elves, Frosty the Snowman, Penguin and more at the AMR Youth Gym and Community Center.

Come and write a letter to Santa and receive an answer from the North Pole. Call 655-0002.

**Army-Navy Game** — Watch it on the big screen with surround sound at 7:30 a.m. at SB Tropics Recreation Center.

**Outdoor Recreation's Ocean Splash Day** — Try stand-up paddleboarding, learn how to kayak or experience ocean canoeing, 8:30 a.m.-12:30 p.m. Experience all three water activities for \$65.

You bring the sunscreen, water and snacks, and Outdoor Recreation will provide the transportation, equipment and instruction. Ages 10 and up are welcome. Call 655-0143.

16 / Tuesday

**Youth Sports & Fitness Mini Sports Baseball Registration** — Registration is open through Jan. 6. Registration fee is \$20 and includes child and parent shirt and a sports ball. Runs from Jan. 22-March 12, 2015.

Program meets every Thursday from 5-6 p.m. at Schofield's Bennett Youth Center and AMR ball fields. Children born from 2009-2010 may participate.

Call the CYS Parent Central Services Office at 836-1923 (AMR/FS) and 655-6465 (SB). This is a parent/child participation program.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Military Child of the Year** — Deadline is Dec. 12 to nominate an outstanding child, ages 8-18, for the 2015 MCYA as part of Operation Homefront. Visit operationhomefront.net and militarychildoftheyear.org. Operation Homefront will present an award to a military child from each branch and honor the winners at an annual gala in Washington, D.C.

**Toy for Tots Collection** — The 501st Legion of storm troopers, a worldwide "Star Wars" costuming organization, will make a special appearance at Honolulu Hale (city hall) to collect toys for the U.S. Marine Corps Toys for Tots program. Those visiting the Honolulu City Lights can bring a new, unwrapped toy for donation between 6-9 p.m.

Honolulu Hale is located at 530 S. King St. Call 768-4105

13 / Saturday

**SB Couples Retreat** — One-day couples retreat, 8 a.m.- 4 p.m., at the Nehelani Kukui Room, is designed to increase communication and resiliency as part of the Comprehensive Soldier and Family Fitness program. It's hosted by Army Community Service.

FLAG FOOTBALL



Photo by Mike Kim, Fort Shafter Intramural Sports Director, Directorate of Family and Morale, Welfare and Recreation

**TRIPLER ARMY MEDICAL CENTER** — Sgt. Nicholas Salanoa (red, center) of Headquarters and Headquarters Battery, 1-487th Field Artillery Battalion, attempts to escape from Sgt. Schelton Purnell (11) of Charlie Company, 325th Brigade Support Battalion, during the first night of the 2014 Army Hawaii Intramural Flag Football Championship Tournament.

**HHB, 1-487th FA Bn. defeated C Co., 325th BSB with the score of 26-14. The overall winner of the tourney will represent the Army Flag Football Team in the Army vs. Navy flag football game, today (Dec. 12).**

17 / Wednesday

**Maker Space Ornament** — Stop by Sgt. Yano Library's Maker Space to create your own ornament. We'll provide the supplies and you bring your imagination. This free program is for teens and adults. Call 655-8002.

**Celebrate Christmas** — Missing snow? Join the FS Library, 3-4 p.m., and make cute snow globes that will remind you of the winter season. This easy craft is appropriate for all ages. All supplies will be provided; call 438-9521.

18 / Thursday

**Holiday Wonderland** — Come visit SB Army Community Service from 11 a.m.-1 p.m. All ages can experience Holiday Wonderland. Offices will be decorated and special treats offered.

19 / Friday

**Leilehua Concert Series** — Relax and enjoy Hawaiian music, beginning at 6 p.m., by Weldon Kekau'Oha

at The Grill at Leilehua Golf Course. Free and open to the public. Features food and drinks for purchase. Call 655-1711.

20 / Saturday

**At Ease Adventure** — For \$20/per person, join Outdoor Recreation specialists, 8:30 a.m.-12:30 p.m., to visit fun locations around the island Of Oahu. Explore places both on and off the beaten path, from the tops of mountains to the edge of the Pacific Ocean.

Wear comfortable clothes and closed-toed shoes. Be sure to bring a little bit of cash in case we stop at a local mom and pop store for goodies. Also, remember your camera. Call 655-0143.

**Single Soldier Holiday Dinner** — Single Soldiers and geographic bachelors are invited to Tropics Recreation Center to attend this special free Holiday Feast at Tropics. Doors open at 3 p.m., dinner served at 5:30 p.m., and the night includes Texas Hold 'em, Black Jack, Roulette

and other Vegas style games, a live band and a DJ until 2 a.m. Call 655-5698.

Ongoing

**Safety Check** — Does your state vehicle safety check expire this month? Safety checks performed on a first-come, first-served basis, with no appointments. Visit the Auto Skills Center at FS or SB. Call SB Auto at 655-9368 or FS at 438-9402.

**Pau Hana Social Hour** — After work, come and enjoy a fun time with friends at SB Kolekole Bar & Grill. Enjoy discounted appetizers and domestic draft beer. Days are Mondays, Tuesdays and Wednesdays, 4:30-6:30 p.m., and Thursdays and Fridays, 4-6 p.m. Call 655-4466.

**CYS Services** — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the SKIES studio.

Limited child care is available, subject to CYSS registration. To register or for additional information, call Sandi Crocker at 655-4368.

**Hawaii Youth Opera Chorus** — 53rd annual concert begins at 7 p.m. at historic Kawaiahao Church, 957 Punchbowl. Features the entire Hawaii Youth Opera Chorus, grades K-12. Includes holiday favorites and music from around the world. Call 521-2982; visit www.hyoc.org.

**Kapolei City Lights** — Come view the West Oahu Electric Parade and Tree Lighting Ceremony. There will be food booths and entertainment at Kapolei Hale. The parade starts at 6 p.m.; the Tree Lighting Ceremony is 7:45 p.m. This event is free. Kapolei Hale is located at 1000 Uluohia St. Call 383-7336.

**Free Photo with Santa** — Families can visit Santa's new home, the Enchanted Forest at Honolulu Hale Courtyard, and take a complimentary photo with him. This event is part of the Honolulu City Lights. Bring the kids between 7-9 p.m.

**Ornament Craft Night** — Honolulu City Lights is hosting a free ornament-making session at Honolulu Hale. The event takes place 6-8 p.m. and is sponsored by Young Brothers.

14 / Sunday

**Christmas Nights at the Palace** — The Daughters of Hawaii is hosting its first Christmas Nights at the palace from 6-9 p.m. Visitors will be treated to carolers from Hawaii

Chorale, Kaumakapili Church Choir, Nuuanu Congregational Church and the Emmalani Sere-naders. There will also be Christmas snacks and the Queen Emma Summer Palace Gift Shop will feature holiday gifts crafted in Hawaii. The palace is located at 2913 Pali Highway. Free limited parking is available for this event. General admission is \$8 for adults, \$1 for children 17 years old and younger, and free for members. Call 595-3167; visit www.daughtersofhawaii.org.

**Honolulu Marathon** — One of the world's largest annual races begins at 5 a.m. at Ala Moana Beach Park. Runners typically come to Honolulu from all over the world to enjoy the scenic course's spectacular ocean views, alongside world-famous Waikiki Beach, and Diamond Head and Koko Head volcanic craters. The terrain is level except for short uphill grades around Diamond Head. The 26-mile run finishes in Waikiki. Call 734-7200.

**Hawaii Polo Club** — Operation Toy Box, at the Waialua polo field, benefits deserving North Shore area keiki on Sunday, Dec. 14. Gates open at 11 a.m.; match begins at 2 p.m. Attendees should bring a new, unwrapped toy. Admission is \$10 for open field seating and \$25 for clubhouse area. Visit www.hawaii-polo.org/operation-toy-box.html.

**Toys for Tots Fly-In** — Aircraft Owners and Pilot Association members in Hawaii will be flying toys into Kalaeloa Airport for the U.S. Marines' Toys for Tots Foundation to distribute to less

fortunate children in Hawaii. The public can bring additional unwrapped toys to donate and view the planes as they arrive at the airport 10 a.m.-2 p.m. Street-side parking is available near Bldg. 1792 Midway Street, Kalaeloa Airport, and U.S. Marine HMMWVs will serve as shuttles.

**17 / Wednesday Celtic Pipes and Drums of Hawaii** — The Honolulu mayor's office hosts this cultural performance, 6:30-9:30 p.m., on the steps of Honolulu Hale (city hall). Experience the performance as part of the ongoing Honolulu City Lights program that lasts through Jan. 4.

**19 / Friday Free Milk & Cookies** — Pick up some free milk and cookies when you bring your family to visit Santa at his new home, the Enchanted Forest at Honolulu Hale Courtyard. This event is part of the Honolulu City Lights. Bring your family between 6:30-9:30 p.m.

**20 / Saturday Christmas Nights at the Palace** — The Daughters of Hawaii is hosting Christmas Nights at the palace from 6-9 p.m. Visitors will be treated to carolers, and there will also be Christmas snacks and the Queen Emma Summer Palace Gift Shop will feature holiday gifts crafted in Hawaii.

The palace is located at 2913 Pali Highway. Free limited parking is available for this event. General admission is \$8 for adults, \$1 for children 17 years old and younger, and free for members. Call 595-3167; visit www.daughtersofhawaii.org.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directories and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [cafes.com](http://cafes.com) under realtime movie listing.



Big Hero 6

(PG)  
Fri., Dec. 12, 7 p.m.  
Sat., Dec. 13, 6 p.m.

Interstellar

(PG-13)  
Sat., Dec. 13, 2 p.m.  
Sun., Dec. 14, 2 p.m.



John Wick

(R)  
Thurs., Dec. 18, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# December is 3D month

**ARMY NEWS SERVICE**  
News Release

FORT LEE, Virginia — December is National Drunk and Drugged Driving Prevention Month, a time when communities join a national coalition to conduct public awareness and enforcement campaigns to prevent impaired driving.

The coalition, a public-private sector partnership, provides a focus for communities interested in participating in National 3D Prevention Month by sponsoring national campaign activities.

Community support for this campaign has grown dramatically since 1982 when President Ronald Reagan signed the first proclamation designating Dec. 9-15 as 3D Awareness Week. Since that time, the National 3D Prevention Month Coalition has witnessed increased resolve among communities to expand existing programs and launch new initiatives.

**Point of Contact**

For more information, contact the Army Substance Abuse Program, Bldg. 2091, Kolehoke Ave., Schofield Barracks Hawaii 96857. Call Pamela Jinnohara at (808) 655-8322.



Every day, nearly 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This statistic amounts to one death every 48 minutes, according to the Centers for Disease Control and Prevention.

3D Month reminds everyone to “Drive Sober or Get Pulled Over” and encourages safe and sober driving.

Once again, the Army Substance Abuse Program will team up with installation safety and other community organizations in providing the community with safety and prevention information. This important information distributed throughout the installation promotes a happy, sober and safe holiday season.

*(Note: Information from Kenner Army Health Clinic.)*

# AAFES gift cards worth giving

**HAWAII EXCHANGE**  
News Release

According to a recent National Retail Federation survey, gift cards will be the most requested gift this year with 62 percent preferring a gift card over any other item.

For Soldiers, Sailors, Airmen and Marines, their gift card of choice is the one that can be redeemed at military exchanges from Okinawa to Oklahoma.

The Army & Air Force Exchange Service is making it easy for any American to send their support with an Exchange gift card that service members can use for electronics, snacks or a good book.

“An Exchange gift card empowers troops to choose items that make their lives easier wherever they are called to serve,” said the Schofield Exchange’s store manager, Cathy Ely. “The needs of a Soldier here at Schofield Barracks are different from the Soldier in Afghanistan. An Exchange gift card allows

service members to get exactly what they need to make the holidays brighter.”

**Gift card shop at home**

While only authorized military shoppers can redeem Exchange gift cards, any American can send one by simply calling (800) 527-2345 or logging on to [www.shopmyexchange.com](http://www.shopmyexchange.com) and clicking “Purchase Gift and Phone Cards” at the bottom of the page.

From there, Exchange gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine, or sent to “any service member.”

Gift cards can be redeemed at Exchanges in all 50 states and more than 30 countries.

**Online**

Visit the Exchange at [www.shopmyexchange.com](http://www.shopmyexchange.com).



# 2015 DeCA scholarship applications soon offered

Applications for new season available Dec. 15

**CHERIE HUNTINGTON**  
Defense Commissary Agency

FORT LEE, Virginia — As the Scholarships for Military Children Program enters its 15th year, more than 8,000 students have shared nearly \$13 million in scholarships.

Applications for the 2015-2016 school year awards become available starting Dec. 15 at commissaries worldwide or online.

As one of last year’s recipients said, the scholarship will help her fulfill her dream of becoming a surgeon.

“Receiving your scholarship makes me more determined to attain high academic standards and accomplish my dream,” the student wrote in a letter to the Defense Commissary Agency. “Thank you again for your generosity and believing in me.”

Starting last year, each award amount rose to \$2,000 from the previous \$1,500, and the program awards at least one scholarship at each commissary with qualified applicants.

An applicant must be a dependent, unmarried child, younger than 21, or 23 if enrolled as a full-time student at a college or university of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

**Application deadline is Feb. 13, 2015**

Applications must be turned in to a commissary by close of business Feb. 13, 2015. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2015 or be enrolled in studies designed to transfer to a four-year program.

Applicants who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually de-



financed as one that provides for payment of tuition, books, lab fees and other expenses.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships.

Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding scholarships.

Supporters are recognized at four levels of donations, with Four Star business partners contributing more than \$50,000 annually, and One Star donors giving between \$2,000 and under \$10,000.

**Find out More**

DeCA applications become available starting Dec. 15 at commissaries worldwide or online at [www.militaryscholar.org](http://www.militaryscholar.org). For more information, students or sponsors should call Scholarship Managers at (856) 616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).





# Whether tacky or tasteful, whose Christmas decorations are better?

You may want to grab a pencil and paper, because I’m about to impart a priceless little jewel of wisdom: There are two sides to every street.

I imagine you are most likely stunned by my remarkable mastery of the obvious, but try to focus on this helpful illustration: On the east end of Anystreet in Anytown, USA, there stands a brick colonial — four bedrooms, faux shutters, window boxes and neatly trimmed hedges.

Homeowner husband Niles Rutheford, at the behest of homeowner wife Brooke, retrieves a stepladder from the garage to hang the seasonal decorations on the house. It is the weekend after Thanksgiving because, of course, it would be gauche to decorate for the holidays any sooner.

While Niles stands on the ladder in his nubuck driving moccasins, Chinos and a loden half-zip lamb’s-wool sweater, Brooke hands him an assortment of pomegranates, pears, magnolia leaves and pine boughs to decorate the arched pediment over the front door.

Taking care not to scratch her riding boots, Brooke removes the fall bittersweet and decorative cabbage displays from the window boxes, and replaces them with an artful and fragrant arrangement of pineapples, holly berries and eucalyptus.

Preferring Colonial authenticity to garish 20th century light displays, the Ruthefords opt to place a single flickering LED cordless candlestick in each of the front windows. With their holiday decorating completed in just two hours, the Ruthefords head to the Starbucks drive-through in their Range Rover for chai teas and croissants.

On the west end of Anystreet, there stands a classic vinyl-sided split level with three bedrooms, a family room and an apartment in the basement for Aunt Trixie and Uncle Wayne. While homeowner wife Dawn Pachinski goes shopping on Black Friday, homeowner husband Buck and son Cletus take the extension ladder out from under the trampoline, and 17 Rubbermaid tubs filled with outdoor holiday decorations from the shed.

While Cletus inflates the giant rotating snow globe and elf carousel for the front lawn, Buck begins the arduous process of staple-gunning 7,000 lights to the roof, windows, doors, shed, fence, trees and shrubs. At some point, Uncle Wayne joins in to line the driveway with lighted candy canes and set up the 12-piece life-size nativity scene.

After six days of work, four trips to Home Depot, three puncture wounds and one



## THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer

cracked rib, the Pachinski property is a lighted holiday decor masterpiece, complete with computerized musical synchronization to “Grandma Got Run Over By a Reindeer” via FM transmitter.

A week later, the Ruthefords receive “Best Holiday Decor” recognition from the Anytown Garden Club, but some residents feel their snooty décor lacks spirit. Conversely, the Pachinskis receive a citation from the Anytown authorities for violating various local ordinances, but every kid in town says the Pachinskis have “the best Christmas lights ever.”

When we were stationed in Florida, our military friends told us about a local neighborhood with “the best

Christmas lights ever.” That night, we packed the kids in the minivan and followed the directions our friends gave

us, but were surprised to find a shabby collection of small older homes in a swampy wooded area just off the expressway. We were skeptical, but the long line of cars outside the neighborhood had us intrigued, so we waited.

A few minutes later, we entered the subdivision and were amazed. Somehow, these ambitious swamp dwellers had hung hundreds of strings of lights vertically from the highest tree branches, so that the lights dangled straight down to the ground like electrified stalactites in every color imaginable.

The effect was truly magical, and I had to admit, that neighborhood really did have “the best Christmas lights ever.”

OK, now brace yourself for another tidbit of priceless wisdom: Whatever your holiday décor preference, don’t judge, because the beauty of Christmas is in the eye of the beholder.

*(A 20-year military spouse and mother of three, Molinari shares her observations of family life on her website and in military and civilian newspapers, “The Meat and Potatoes of Life,” at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*



File photos

Viewing varied Christmas decorations in neighborhoods and businesses is a joy during the holidays.

# Holiday Services



The Religious Support Office will hold the following services during this holiday season.

**Jewish**  
•**Dec. 18, 6 p.m.,** Menorah Lighting Ceremony at Main Post Chapel (MPC), Schofield Barracks (SB)

**Protestant**  
•**Dec. 24, 3 p.m.,** Christmas Eve Concert and Worship at Fort DeRussy (FD) Chapel  
•**Dec. 24, 6 p.m.,** Christmas Eve Service (Liturgical) at Wheeler Army Airfield (WAAF) Chapel  
•**Dec. 24, 6:30 p.m.,** Christmas Eve Service at Helemano Military Reservation (HMR) Chapel  
•**Dec. 24, 7 p.m.,** Christmas Eve Service at Soldiers’ Chapel, SB  
•**Dec. 24, 7 p.m.,** Christmas Eve Service at MPC, SB  
•**Dec. 24,** Christmas Eve Candlelight service at Aliamanu Military Reservation (AMR) Chapel  
•**Dec. 31, 10 p.m.,** Gospel New Year’s Eve Service at MPC, SB

**Catholic**  
•**Dec. 13/14,** Third Sunday of Advent  
•**Dec. 14, 6 p.m.,** Advent Reconciliation at AMR Chapel (1st confession for children)  
•**Dec. 20/21,** Fourth Sunday of Advent  
•**Dec. 24, 5 p.m.,** Christmas Family Mass at MPC, SB  
•**Dec. 24, 5 p.m.,** Christmas Family Mass at AMR Chapel  
•**Dec. 24, 10 p.m.,** Christmas Eve Mass at WAAF Chapel  
•**Dec. 25, 10:30 a.m.,** Christmas Day Mass at MPC, SB  
•**Dec. 27/28,** Feast of the Holy Family of Jesus, Mary and Joseph  
•**Dec. 31, 5 p.m.,** Vigil Mass for Mary, Mother of God at AMR Chapel  
•**Jan. 1, 2015, 11:45 a.m.,** Mary Mother of God at Soldiers’ Chapel, SB  
•**Jan. 3/4, 2015,** Epiphany of the Lord  
•**Jan. 10/11, 2015,** Baptism of the Lord



# List: Seven helpful tips aid shoppers during this season

CONTINUED FROM B-1

7) **Respond quickly.** Report lost cards and suspected fraud right away. If you lose your credit card or suspect fraudulent activity, contact your bank or credit card issuer right away.

Your credit card issuer can block your card and account number, so no one else can use it and then give you a new card and account number. Remember, speed is of the essence.

According to U.S. law, once you notify your credit card issuer that your card was lost or stolen, the most you'll have to pay is \$50 — and many credit card issuers waive that charge as long as you notify them promptly.

**Debit card care**  
While debit cards and credit cards each have advantages, each is also better suited to certain situations. Since a debit card is a direct line to your bank account, there are places where it may be wise to avoid handling or using it.  
The following are 10 places and situations where it can pay to leave that debit card in your wallet:  
1-Online shopping.  
2-Purchasing big-ticket items.  
3-Situations where a deposit is required.

## Financial & Legal Resources

The following resources are available for Soldiers, families and qualifying civilian employees in Hawaii who need legal advice or want to become more financially savvy:

•**The Army Community Service Financial Readiness Office** has accredited financial counselors available to help Soldiers and families establish budgets, work with creditors, file consumer complaints and make sound financial decisions.

Its Financial Resilience Center hosts classes throughout the year, and its website includes helpful links to outside organizations.

The ACS Financial Resilience Center is open 7:30 a.m.-4:30 p.m., Mondays-Fridays, at Bldg. 2091, Schofield Barracks. Visit [www.himwr.com/financial-management](http://www.himwr.com/financial-management).

•**The Schofield Barracks Legal Assis-**

**tance Office** provides free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

The office provides assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims. Also, notary services and powers of attorney are available.

The Legal Assistance office is part of the Staff Judge Advocate's area offices, which serve all Army personnel and families assigned to units and organizations in Hawaii and certain other locations in U.S. Army-Pacific.

The Legal Assistance Office is located at Bldg. 2037 on Humphreys Road, Schofield Barracks. Call 655-8607 or visit [www.garrison.hawaii.army.mil/legal](http://www.garrison.hawaii.army.mil/legal).

- 4-Paying at restaurants.
- 5-Purchasing from a new, non chain-related merchant.
- 6-Situations that involve buying now and paying later.
- 7-Making recurring payments.

- 8-Paying for future travel.
  - 9-Paying at a gas station or hotel.
  - 10-Conducting business at a checkout or ATM that looks suspicious.
- (Note: Dudley is the director of Intelligence and Security at USAPHC.)

### Shopping Safety Tips

Here are some general tips from law enforcement officers on how consumers can take steps to reduce the risk of being victimized during the holidays:

- Avoid carrying large amounts of cash.
- Carry purses close to your body. Put wallets in front pants pockets or inside your coat. Never leave your purse unattended in shopping carts. Don't overbur-



When leaving your car unattended keep valuables out of sight.

den yourself with packages.

- Park in areas with good lighting.
- Keep car windows closed.
- Hide shopping bags and valuables in your trunk.
- Lock your car and take your keys with you.
- Use ATMs in well-lit, populated areas. Try to visit ATMs during daylight hours. Avoid ATMs where people are loitering for no reason.



File photo

## Shoppers should be cautious when online. Online: Take charge

CONTINUED FROM B-1  
Although the threat of identity theft is out there, Contreras said that responsibility continues to fall on the individual to make sure they are protected, and that protection should also extend to their children.

"It would be wise to think about your children because a lot of times we don't think about it, but their identities can be stolen, as well," she said. "You don't want to wait until they're 16 or 18 to find out that they have something on their credit report, so make sure you check up on it while they're young."  
An extra preventative measure that people can take is to take on a credit-monitoring service, said Contreras. These companies will monitor your information and any unusual activity to prevent identity theft.

Some red flags people should look out for are mistakes on bank, credit card or other statements; bills or collection notices for services never received; calls from debt collectors about debts that don't belong; unwarranted collection notices on their credit report; or even calls and emails about accounts in their child's name, according to the FTC.

If people experience anything like this, they need to contact one of the nationwide credit reporting companies, said Contreras, to ensure all is well on their cards.

(Note: Pfau is a staff writer for the "Army Flier" at Fort Rucker, Alabama.)



# We can prevent weight gain during holiday season

ROBERT KENT  
Army News Service

One of the most common weight management challenges for Americans every year is preventing weight gain during the holiday season. A decrease in physical exercise can also contribute to weight gain.

Holiday eating is a major contributing factor to obesity, and all the overeating leads to many New Year’s resolutions to lose weight.

Many Soldiers go to mom or grandma’s house and can gain more than 10 pounds in less than two weeks.

**Develop a strategy**

There are various strategies that can be used to avoid or minimize weight gain. Choose foods wisely and stick to one small or moderate serving of a few high-calorie foods. Pick the foods you like the most, such as mashed potatoes, and do not take foods you don’t like that much, such as passing over the dinner rolls or macaroni and cheese.

Many people will try to “save” their calories and skip meals in anticipation of having a large meal, but this frequently leads to eating too much because these individuals are hungry by the time they start eating, and self-control often goes out the window.

It is important to still eat small, regular meals before having the holiday meal to promote portion control later in the day and boost the metabolism, and it helps to have a small snack such as a piece of fruit right before going to a buffet to prevent overeating.

**More tips**

Other tips include the following:



Photo by Defense Video and Imagery Distribution System

**Soldiers can be especially vulnerable to excessive holiday weight gain since they are usually active, but they may not exercise at all when they go on long holiday leaves.**

•**Drink water** or lower calorie or calorie-free beverages during meals since dehydration can cause people to eat more.

•**Eat slowly** and enjoy your food. Doing so will help with portion control.

•**Take a break.** After having one plate of food, take a break and drink some water. Get away from the food table, if possible, talk to people, and do not focus on the food. Those who are still hungry will usually feel full or almost full a few minutes later.

•**Don’t eat what you don’t like.** If a food does not taste good after the first bite, stop eating it and leave it on the plate.

•**Be careful with alcohol.** Also watch the eggnog, alcohol (especially mixed drinks) and other beverages that are full of calories. Drinking alcohol can also cause a loss of control that can lead to overeating.

•**Control sweets.** Those who like to bake sweets during the holidays, but find they eat

too much of what they bake, could prepare holiday treats they do not like that much or give most of them away.

•**Use sugar substitutes.** Making sweets with less fat and sugar, such as substituting applesauce for oil or butter, whenever possible, and substituting half the sugar with substitutes, will decrease the overall calories in the recipe, and the dessert will still taste good.

**Continue to exercise**

Another important step to take to prevent or minimize holiday weight gain is to continue to exercise on a regular basis. For example, park far away from the shopping center, take a long

walk after a meal and make time in your schedule to exercise.

Also, obtaining a daily weight can also help minimize weight gain. Chances are, if a person weighs himself daily and wants to prevent weight gain, he will either cut back his food intake or exercise more if the scale indicates he is starting to gain weight.

If no scale is available, buy a scale from the local store. Don’t let yourself gain many pounds and just count on exercising it away after returning from holiday leave.

It can be hard to lose holiday weight and can impact careers when Soldiers fail to maintain Army body fat standards.



# Should I be on a gluten-free diet?

HONOLULU — The term gluten has been becoming increasingly popular in terms of diet. Many products now claim to be “gluten-free” to keep up with the increasing demand for this latest diet trend.

First of all, what is gluten?

Gluten is a protein found in grains, such as wheat, barley, rye and triticale. It is the substance in dough that provides elasticity. It also helps food maintain its shape by acting as a glue to hold it together. It is found in many of our foods, such as pasta, pizza, crackers, breads and baked goods.



## ASK THE DIETICIAN



**CHRISTINA MARIANO**  
Tripler Army Medical Center  
Nutrition Care Division

### Should I be on a gluten-free diet?

The answer is, yes, to those who have celiac disease or who are gluten intolerant. For those who do not have celiac disease or who are not gluten intolerant, choosing to switch to a gluten-free diet may not be necessary, but may be helpful to get you to be more conscious about what you are eating.

A gluten-free diet is essential to those who have celiac disease because trace amounts can cause significant harm to the body and prevent absorption of essential nutrients.

Celiac disease is an autoimmune disorder that affects approximately 1 percent of Americans, or three million people. Approximately 6 percent, or 18 million people, may have a less severe reaction called gluten intolerance, or gluten sensitivity, which may include symptoms such as diarrhea, constipation, gas, bloating, vomiting, nausea, fatigue and muscle cramps. These symptoms may vary from person to person.

Many individuals are adopting a gluten-free diet with one of the major concerns being the risk of misdiagnosis. Some individuals report improvement in symptoms, but it may mask other conditions, such as inflammatory bowel disease or intestinal lymphoma.

Another issue of concern is for those individuals who do not have the proper knowledge. Many gluten-containing products are rich in fiber, iron and B vitamins. Those who go on a gluten-free diet may not be familiar with what foods they should consume to avoid being deficient in these nutrients, leading to a diet low in fiber, iron and B vitamins.

Some gluten-free products are also higher in calories, fat and sugar to make up for the flavor and texture changes caused by the absence of gluten.



File photo

**Breads can be a culprit for gluten intolerance.**

### Not for everyone

If you choose to go on this diet, consult your physician or dietitian to learn more about

whether it is right for you

and to receive proper testing and diagnosis. They can also help provide appropriate treatment plans.

For individuals who can tolerate gluten, I recommend to focus more on making healthful food choices by choosing lean meats, increasing fruit and vegetable intake, and eating more natural, unprocessed foods.

Remember small changes to your diet can make a huge difference!

*(Editor's note: Mariano has a B.S. in Food Science and Human Nutrition and serves as an intern for the Pacific Regional Medical Command.)*



**We Recycle** Did you know that when you recycle, the Garrison earns money? **Keep recycling!**

